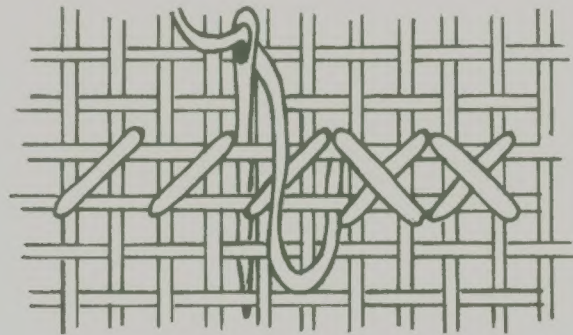




GENERAL INSTRUCTIONS FOR COUNTED CROSS STITCH

Counted cross stitch is worked by counting the threads of the fabric and working each stitch over a precise number of threads on an even weave fabric following a graphed design.

A completed cross stitch is made up of two diagonal stitches. The second diagonal stitch crosses the first at a right angle equalling an "x". A cross stitch may be completed one at a time or a row of single stitches may be made in one direction and completed with the row of stitches in the opposite direction. Stitches may be worked from left to right or from right to left, but the stitches should always be crossed in the same direction throughout the sampler for a neat finished appearance.



The fabric should be cut about 6" wider and longer than the actual size of the design area to allow adequate material for framing as well as for ease in working the design.

Ideally, the design should be centered on the piece of fabric. To find the center of the material, fold it in half lengthwise and then crosswise. Next locate the center of the design chart by following the arrows. The center stitch is where the rows intersect. Stitching can begin with this center stitch although it is usually more convenient to begin at the top of the design. Count the squares up from the center of the graph and then count off the appropriate number of threads from the center of the material.

Be sure fabric is vertically or horizontally oriented according to the shape of the finished sampler.

A narrow hem around the edges of the fabric will prevent ravelling.

Embroidery hoops with an adjusting screw will hold the fabric taut and provide even tension while sewing. Metal hoops are not recommended because they can leave rust marks. Needles can also leave rust marks and should never be left in the material for long periods of time.

Use a blunt tapestry needle #24 or #26 depending on fabric used and personal preference.

Never knot the thread to begin or end. To begin, leave about 1/2" of thread on the underside of the work anchoring it with the first few stitches. To finish, run the needle under several stitches on the back of the design and clip. Do not leave tails as they may be visible from the front of the sampler.

Avoid skipping from one area to another with the thread as it may show through when mounted. It is better to finish off and start again.

Use special care when sewing over only one thread of fabric and avoid pulling the floss too tightly as you stitch.

When the embroidery is complete, add name or initials and the date if desired. To insure proper spacing before sewing, it is best to work out any lettering on graph paper first.

Wash the finished sampler in cool water and a mild soap. Gently squeeze suds through fabric. Rinse several times. Never wring or twist. Lay wet work flat on a white terry towel. Roll towel and squeeze to remove excess water. While still slightly damp, place work face down on a padded ironing board, cover with a cloth and press. Never leave wet embroidery folded or in a heap. Be sure embroidery is completely dry before attempting to mount.

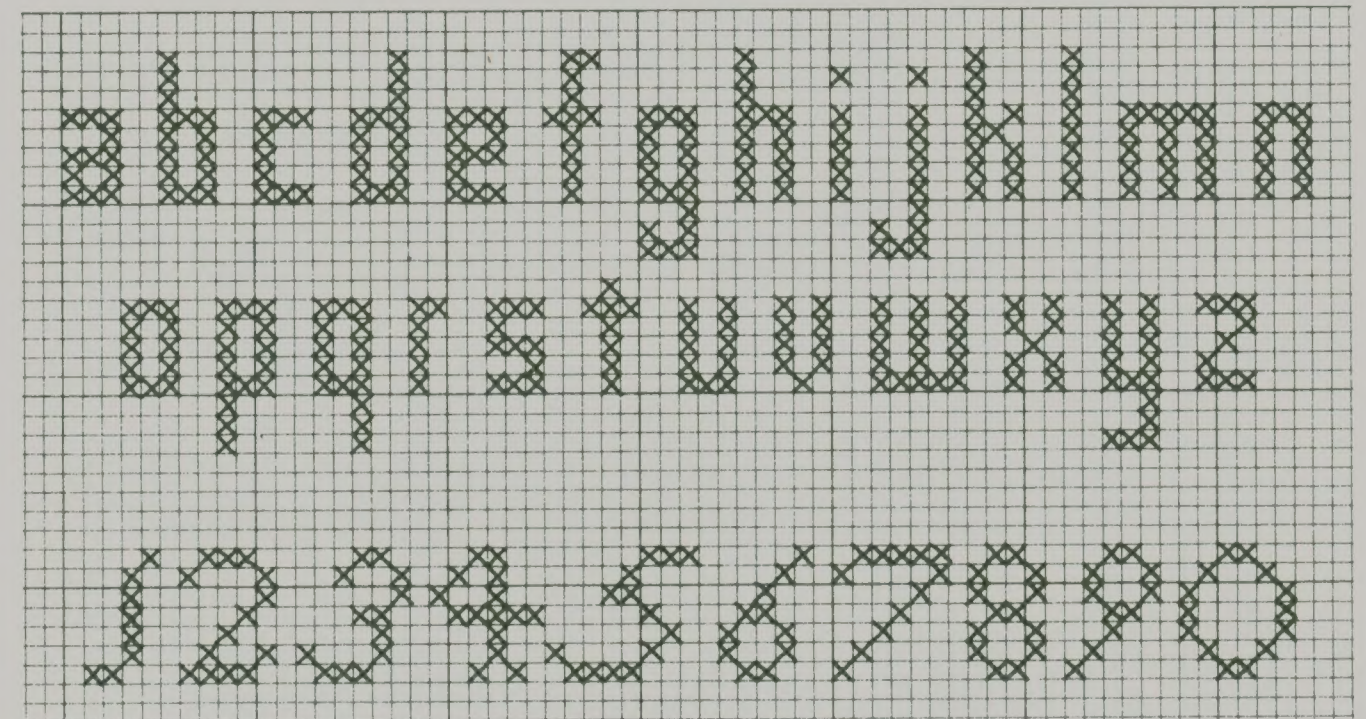
INSTRUCTIONS FOR THE "APPLES" AND "HAPPY HEARTS" SAMPLERS

The original samplers were worked on "natural" Hardanger cloth which has 22 threads per inch.

The designs are made up entirely of cross stitch. There are stitches worked over one thread of fabric as well as stitches worked over two threads of fabric in each design. In both original samplers, three strands of floss were used for the large stitches and two strands of floss were used for the smaller stitches. The amount of thread can vary according to personal preference.

The design area for each sampler is given on their respective graphs along with colors used and amount of thread needed. Study the graphs carefully to determine the size of each stitch.

Additional letters and numbers are provided below for personalizing the finished samplers.



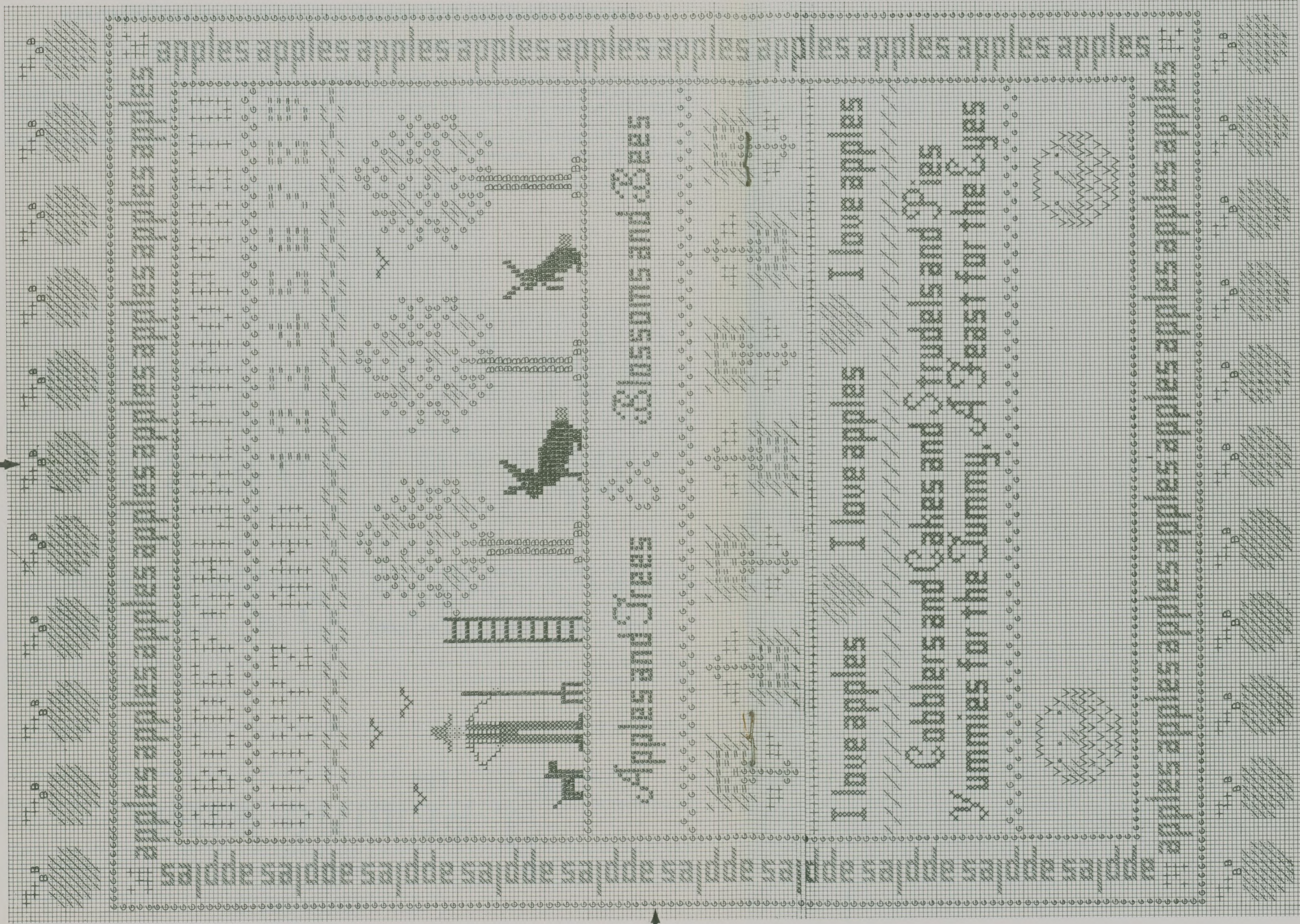
the
SEWING BIRD

Merrily A. Beams

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The design area for the Apples sampler is approximately 9" x 12½". The outside border is 103 stitches wide by 146 stitches long. (These stitches are worked over two threads of fabric. There are smaller stitches worked over one thread of fabric in some of the figures as well as lettering.)

COLOR KEY

(Z)	Black	DMC #310	1 skein
(G)	Dark Green	#319	2 skeins
(+)	Light Green	#320	1 skein
(=)	Rose	#356	1 skein
(V)	Tan	#422	1 skein
(B)	Brown	#433	1 skein
(X)	Navy Blue	#823	1 skein
(/.)	Brick Red	#918	3 skeins
(L)	Light Blue	#931	1 skein
(.)	Flesh	#950	1 skein



COLOR KEY

(●)	Black	DMC #310	1 skein
(V)	Dark Green	#319	2 skeins
(+)	Light Green	#320	1 skein
(=)	Rose	#356	1 skein
(X)	Tan	#422	1 skein
(W)	Brown	#433	1 skein
(^)	Gold	#725	1 skein
(Z)	Navy Blue	#823	3 skeins
(/)	Brick Red	#919	3 skeins
(L)	Light Blue	#931	1 skein

The design area for the Happy Hearts sampler is approximately 10" x 15". The outside border is 115 stitches wide by 171 stitches long. (These stitches are worked over two threads of fabric. There are smaller stitches worked over one thread of fabric in the body of the sampler as well as in the lettering.)

